

STAMINA[®]

fusion 4550

MAGNETIC EXERCISE BIKE

Owner's Manual

⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

Model#: 15-4550
STAMINA PRODUCTS
MADE IN CHINA

**Product May Vary Slightly
From Pictured.**

CAUTION:

Weight on this product should not exceed 300 lbs.

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **Magnetic Fusion 4550 Bike**.

1. Read all warnings posted on the **Magnetic Fusion 4550 Bike**.
2. The **Magnetic Fusion 4550 Bike** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Magnetic Fusion 4550 Bike**. Do not allow children to use or play on the **Magnetic Fusion 4550 Bike**. Keep children and pets away from the **Magnetic Fusion 4550 Bike** when it is in use.
5. The **Magnetic Fusion 4550 Bike** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. Make sure the **Magnetic Fusion 4550 Bike** is properly assembled and that all nuts and bolts are tightened before use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **Magnetic Fusion 4550 Bike** on a solid level surface. Do not position the **Magnetic Fusion 4550 Bike** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Magnetic Fusion 4550 Bike**.
10. Adjust the LEVELING CAPS(53) and STAND(54) so that the **Magnetic Fusion 4550 Bike** sits on the floor without rocking. See page 12 for detailed leveling instructions.
11. Before using, inspect the **Magnetic Fusion 4550 Bike** for worn or loose components, and tighten or replace any loose or worn components prior to use.
12. Before using, always check the Seat Frame to be sure it is secure. The ADJUSTMENT KNOB(50) must be inserted into one of the holes in the Rear Frame and tightened.
13. Each user should adjust the seat per instructions on page 13.
14. Do not attempt to adjust the seat while you are on the **Magnetic Fusion 4550 Bike**.
15. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
16. Follow your physician's recommendations in developing your own personal fitness program.
17. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
18. Do not wear loose or dangling clothing while using the **Magnetic Fusion 4550 Bike**.
19. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
20. Care should be taken in mounting or dismounting the **Magnetic Fusion 4550 Bike**.
21. The **Magnetic Fusion 4550 Bike** should not be used by persons weighing over 300 pounds.
22. The **Magnetic Fusion 4550 Bike** should be used by only one person at a time.
23. Do not ride the **Magnetic Fusion 4550 Bike** while standing up.
24. The **Magnetic Fusion 4550 Bike** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST



Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE Magnetic Fusion 4550 Bike

To help you get started, we have pre-assembled most of your Magnetic Fusion 4550 Bike at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



TELEPHONE

CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX

CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE

CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com



MAIL

STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **Magnetic Fusion 4550 Bike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Magnetic Fusion 4550 Bike** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

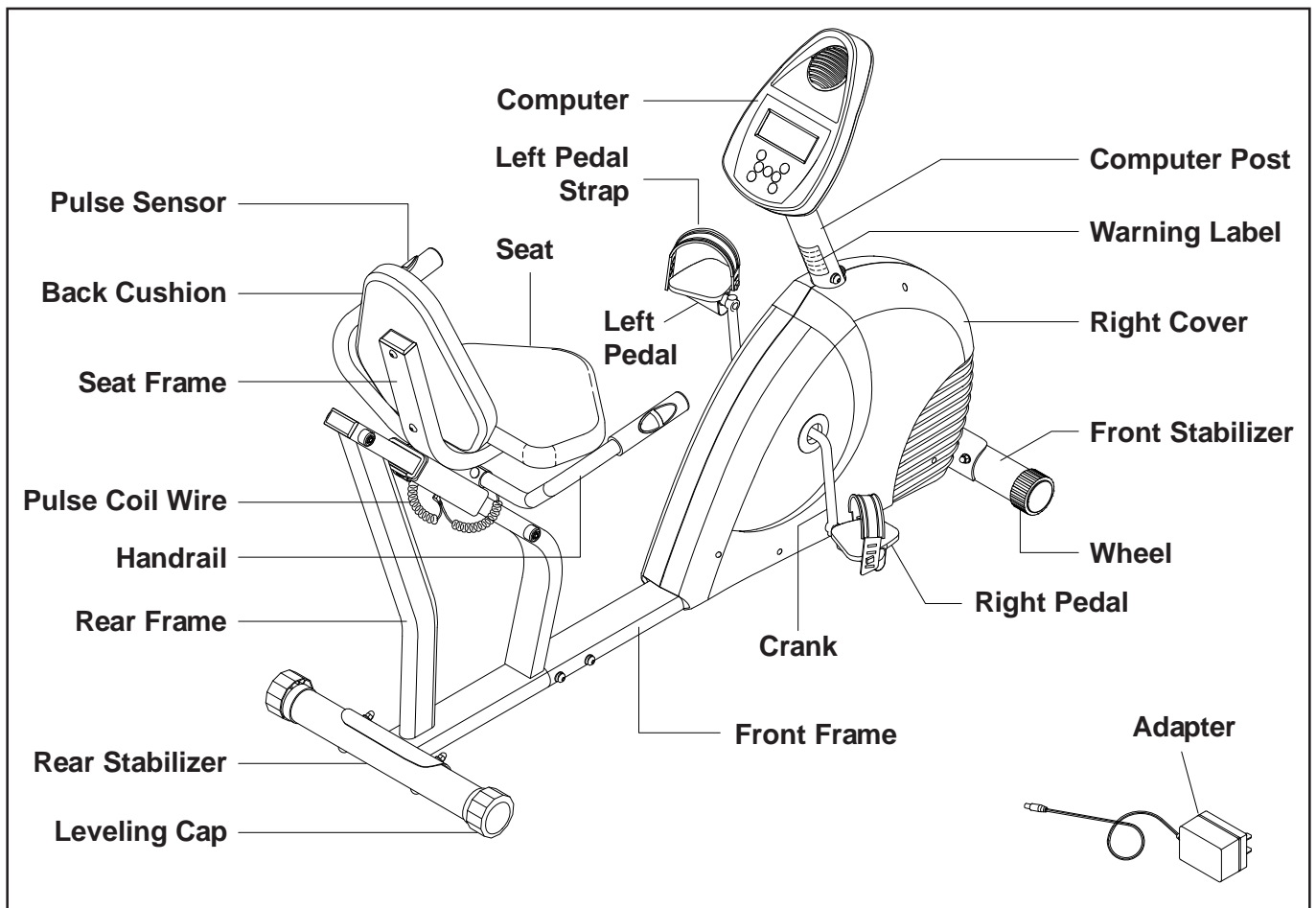
Read this manual carefully before using the **Magnetic Fusion 4550 Bike**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Magnetic Fusion 4550 Bike**, please do not return the product. Contact us **FIRST!**

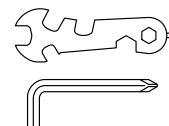
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Wrench

Allen Wrench (6mm)

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **Magnetic Fusion 4550 Bike**. Please take a moment to familiarize yourself with all of the warning & notice labels.

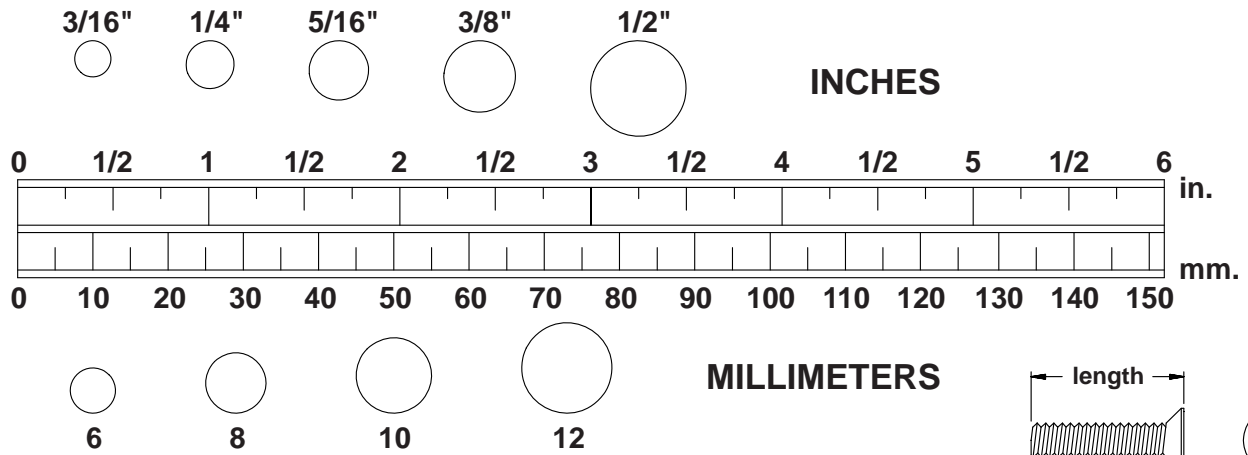
Label is larger than actual size

W1 WARNING LABEL(89)

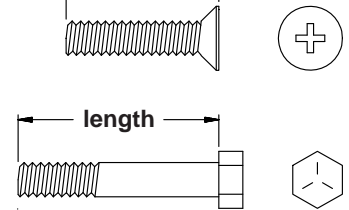


HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

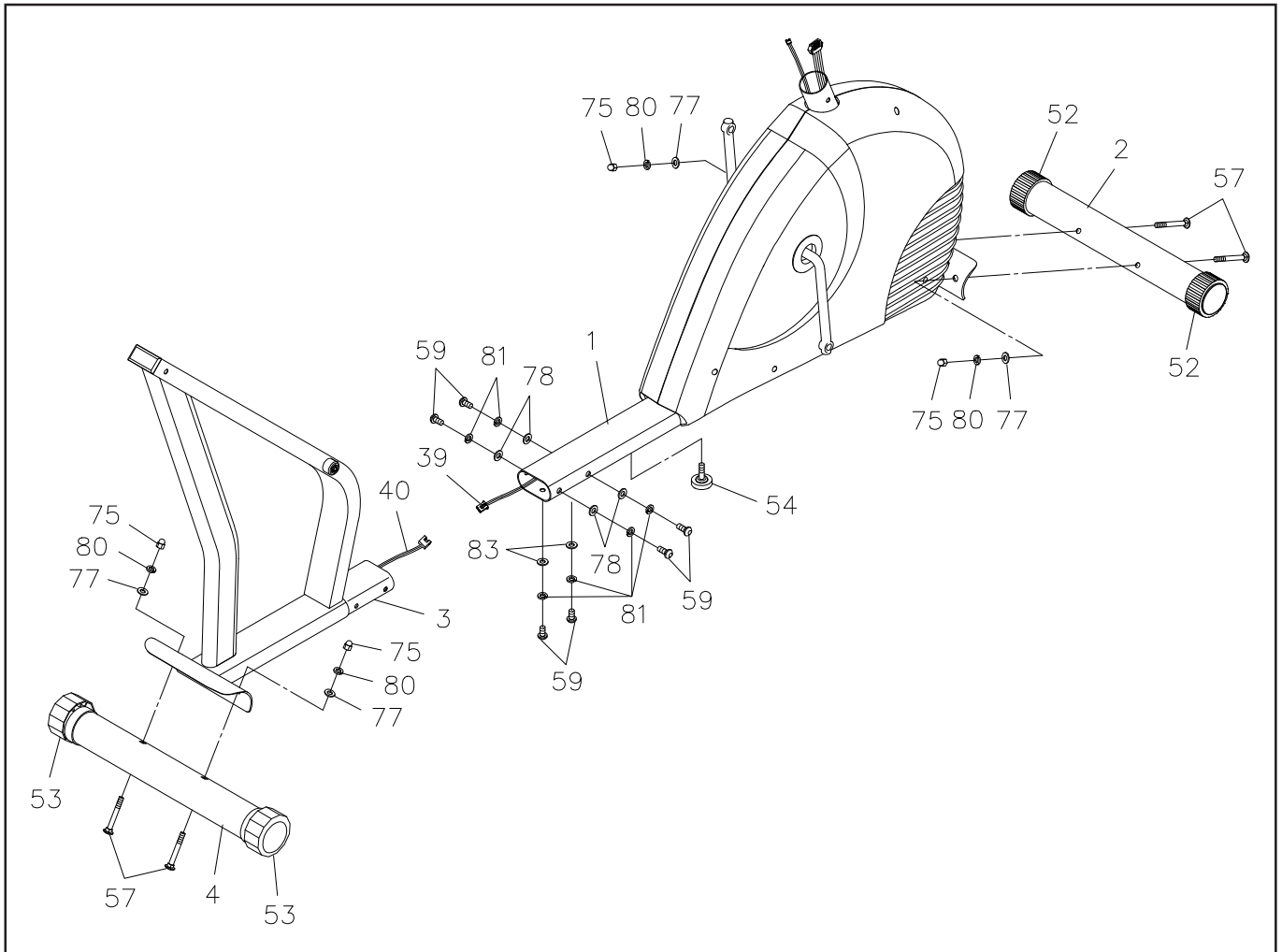


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	56 Carriage Bolt (M8 x 1.25 x 45mm)	2
	57 Carriage Bolt (M8 x 1.25 x 75mm)	4
	58 Bolt, Button Head (M8 x 1.25 x 40mm)	2
	59 Bolt, Button Head (M10 x 1.5 x 15mm)	6
	60 Bolt, Hex Head (M8 x 1.25 x 80mm)	1
	61 Bolt, Round Head (M6 x 1 x 15mm)	7
	64 Screw, Round Head (M5 x 0.8 x 12mm)	4
	72 Nut (M8 x 1.25)	1
	75 Acorn Nut (M8 x 1.25)	6
	76 Arc Washer (M6)	3
	77 Arc Washer (M8)	6
	78 Arc Washer (M10)	4
	79 Lock Washer (M6)	3
	80 Lock Washer (M8)	6
	81 Lock Washer (M10)	6
	83 Washer (M10)	2

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance 1-800-375-7520 or e-mail us at customerservice@staminaproducts.com.



STEP 1

Attach the **FRONT STABILIZER(2)**, the short one with the **WHEELS(52)**, to the front of the **FRONT FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm)(57)**, **ARC WASHERS(M8)(77)**, **LOCK WASHERS(M8)(80)**, and **ACORN NUTS(M8x1.25)(75)**.

STEP 2

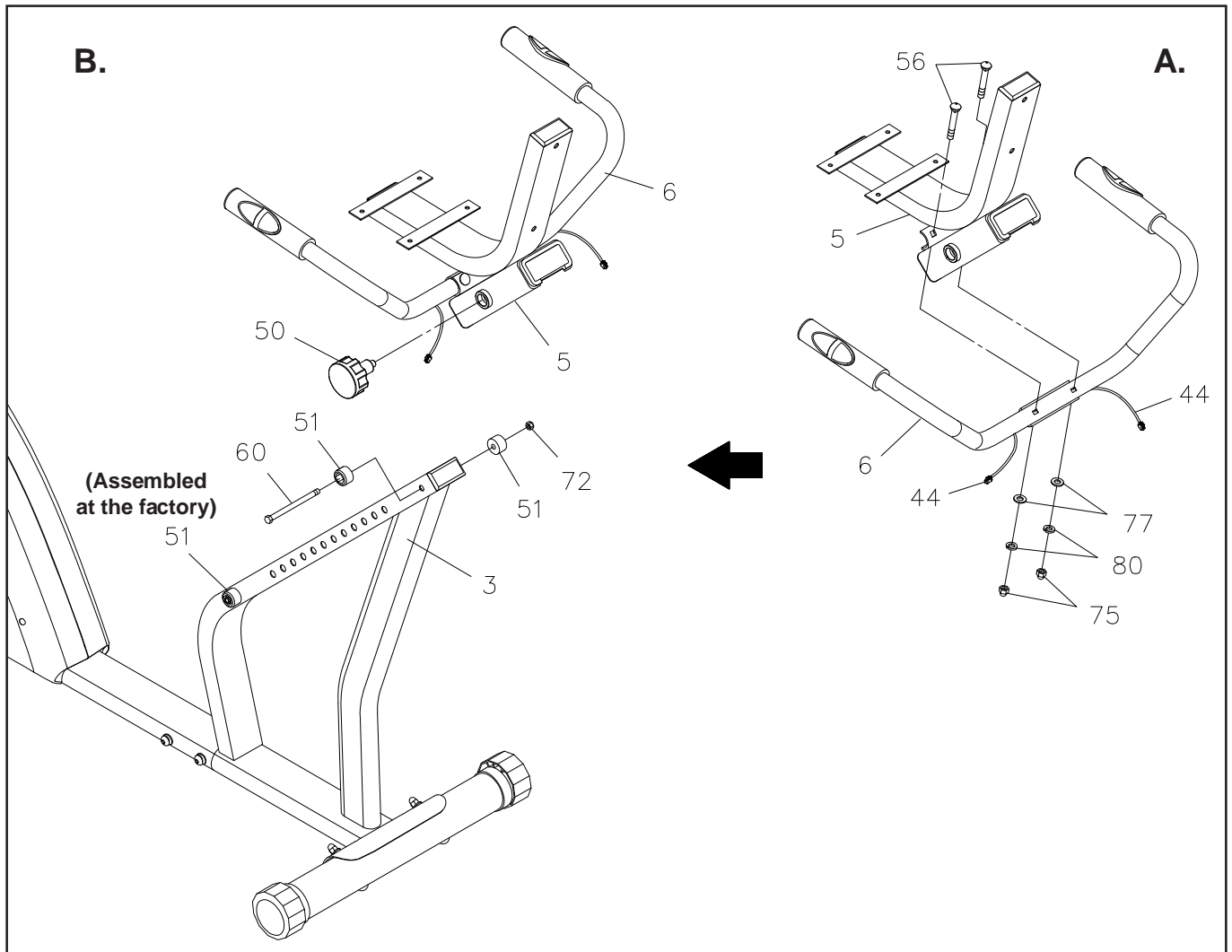
Attach the **REAR STABILIZER(4)**, the one with the **LEVELING CAPS(53)**, to the **REAR FRAME(3)** with **CARRIAGE BOLTS(M8x1.25x75mm)(57)**, **ARC WASHERS(M8)(77)**, **LOCK WASHERS(M8)(80)**, and **ACORN NUTS(M8x1.25)(75)**.

STEP 3

Screw the **STAND(54)** all the way up into the bottom of the **FRONT FRAME(1)**. Connect the **PULSE PLUG WIRE(39)** to the **PULSE EXTENSION WIRE(40)**. Insert the **REAR FRAME(3)** into the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLTS(M10x1.5x15mm)(59)**, **ARC WASHERS(M10)(78)**, **WASHERS(M10)(83)**, and **LOCK WASHERS(M10)(81)**.

NOTE: See page 12 for detailed leveling instructions to prevent rocking.

ASSEMBLY INSTRUCTIONS



NOTE: Be careful not to damage the **PULSE SENSOR WIRES(44)** when attaching the **HANDRAIL(6)** and the **SEAT FRAME(5)**.

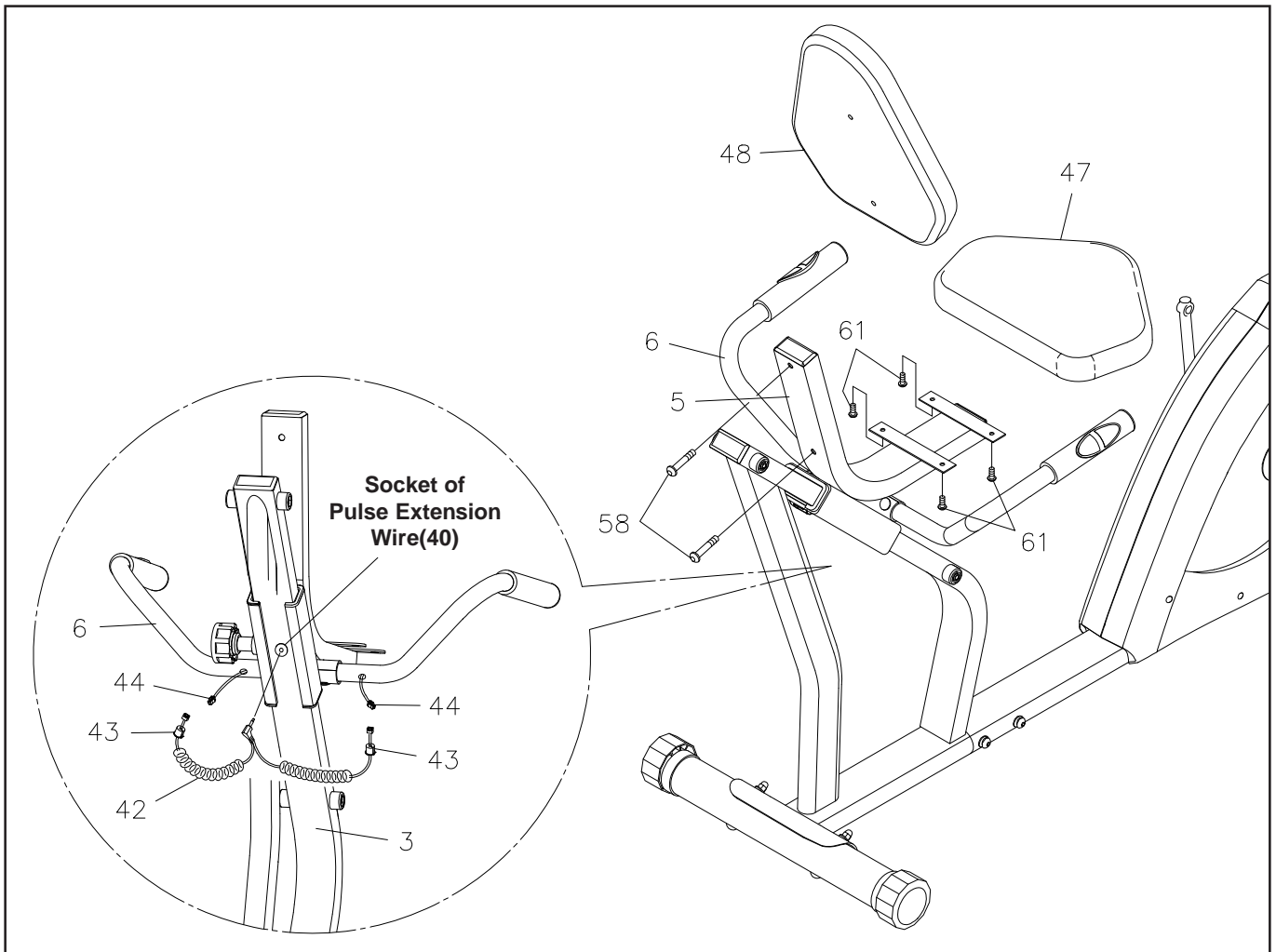
STEP 4

Refer to illustration A. Attach the **HANDRAIL(6)** to the **SEAT FRAME(5)** with **CARRIAGE BOLTS (M8x1.25x45mm)(56)**, **ARC WASHERS(M8)(77)**, **LOCK WASHERS(M8)(80)**, and **ACORN NUTS(M8x1.25)(75)**.

STEP 5

Refer to illustration B. Slide the **SEAT FRAME(5)** onto the **REAR FRAME(3)** and lock in position with the **ADJUSTMENT KNOB(50)**. Attach the **STOPPERS(51)** to the top end of the **REAR FRAME(3)** with **HEX BOLT(M8x1.25x80mm)(60)** and **NUT(M8x1.25)(72)**. Also, please verify that the other **STOPPERS(51)** are assembled at the factory.

ASSEMBLY INSTRUCTIONS



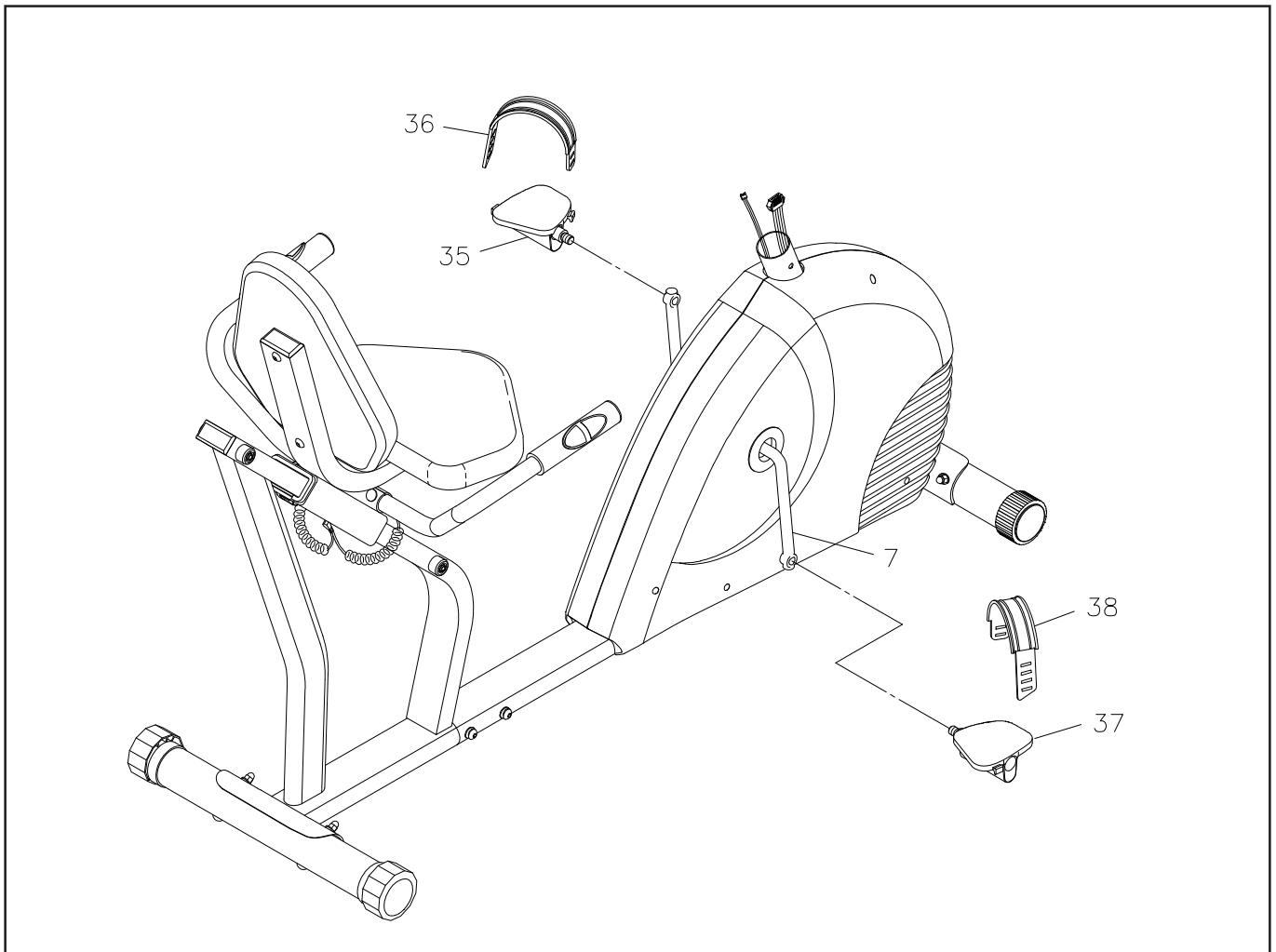
STEP 6

Refer to the inset drawing. Plug the **PULSE COIL WIRE(42)** into the **SOCKET** of the **PULSE EXTENSION WIRE(40)** located on the **REAR FRAME(3)**. Clip the **GROMMET PLUGS(43)** onto both ends of the **PULSE COIL WIRE(42)**. Connect both ends of the **PULSE COIL WIRE(42)** to the **PULSE SENSOR WIRES(44)**. Push the plugs and excess wires back into the **HANDRAIL(6)** and secure with the **GROMMET PLUGS(43)**.

STEP 7

Attach the **SEAT(47)** to the **SEAT FRAME(5)** with **ROUND HEAD BOLTS(M6x1x15mm)(61)**. Attach the **BACK CUSHION(48)** to the **SEAT FRAME(5)** with **BUTTON HEAD BOLTS(M8x1.25x40mm)(58)**.

ASSEMBLY INSTRUCTIONS



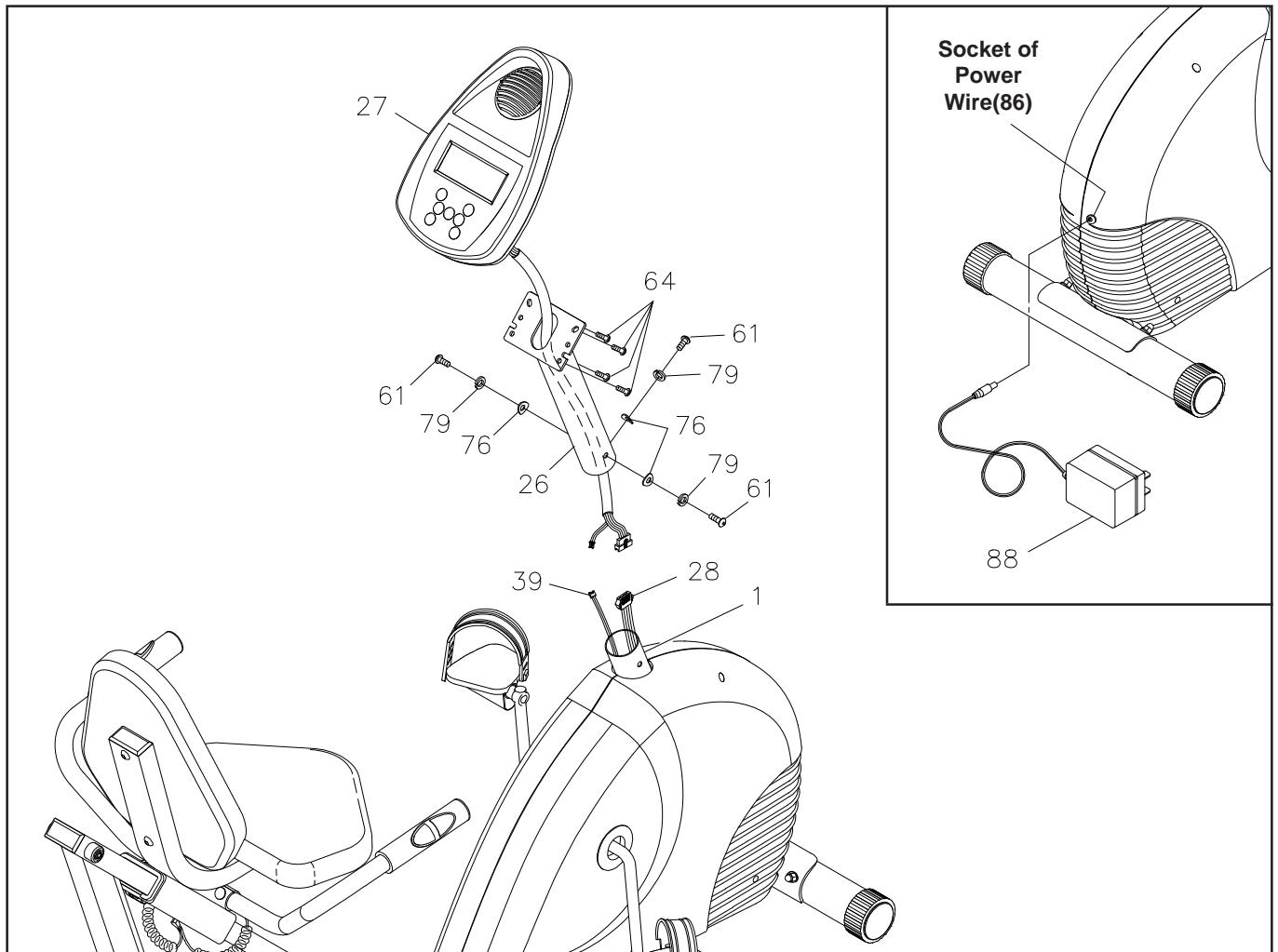
STEP 8

NOTE: The **RIGHT PEDAL(37)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(37)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(35)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(35)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(37)** into the right side of the **CRANK(7)** as shown. Tighten the pedal securely. Select the **RIGHT PEDAL STRAP(38)** which has **R** marked on the bottom side of the strap. Snap the two hole end to the inside edge of the **RIGHT PEDAL(37)**. Snap the other end to the outside edge of the **RIGHT PEDAL(37)** with the **R** mark on the bottom of the **RIGHT PEDAL STRAP(38)**. Select adjustment holes which allow your foot to be easily removed from the pedals.

Use the same procedure to attach the **LEFT PEDAL(35)** to the left side of the **CRANK(7)** and snap the **LEFT PEDAL STRAP(36)** to the **LEFT PEDAL(35)**.

ASSEMBLY INSTRUCTIONS



STEP 9

Run the **EXTENSION WIRE** on the **COMPUTER(27)** through the **COMPUTER POST(26)**. Attach the **COMPUTER(27)** to the **COMPUTER POST(26)** with **ROUND HEAD SCREWS(M5x0.8x12mm)(64)**.

STEP 10

Plug the **MOTOR CONTROL WIRE(28)** and **PULSE PLUG WIRE(39)** to the **EXTENSION WIRE** on the **COMPUTER(27)**. Insert the **COMPUTER POST(26)** onto the **FRONT FRAME(1)** and secure with **ROUND HEAD BOLTS(M6x1x15mm)(61)**, **LOCK WASHERS(M6)(79)**, and **ARC WASHERS(M6)(76)**.

NOTE: Be careful not to damage the wires when attaching the **COMPUTER(27)**.

STEP 11

Refer to the inset drawing. Plug the **ADAPTER(88)** into the **SOCKET** of the **POWER WIRE(86)** located on the front of the bike. Plug the **ADAPTER(88)** into an electrical outlet.

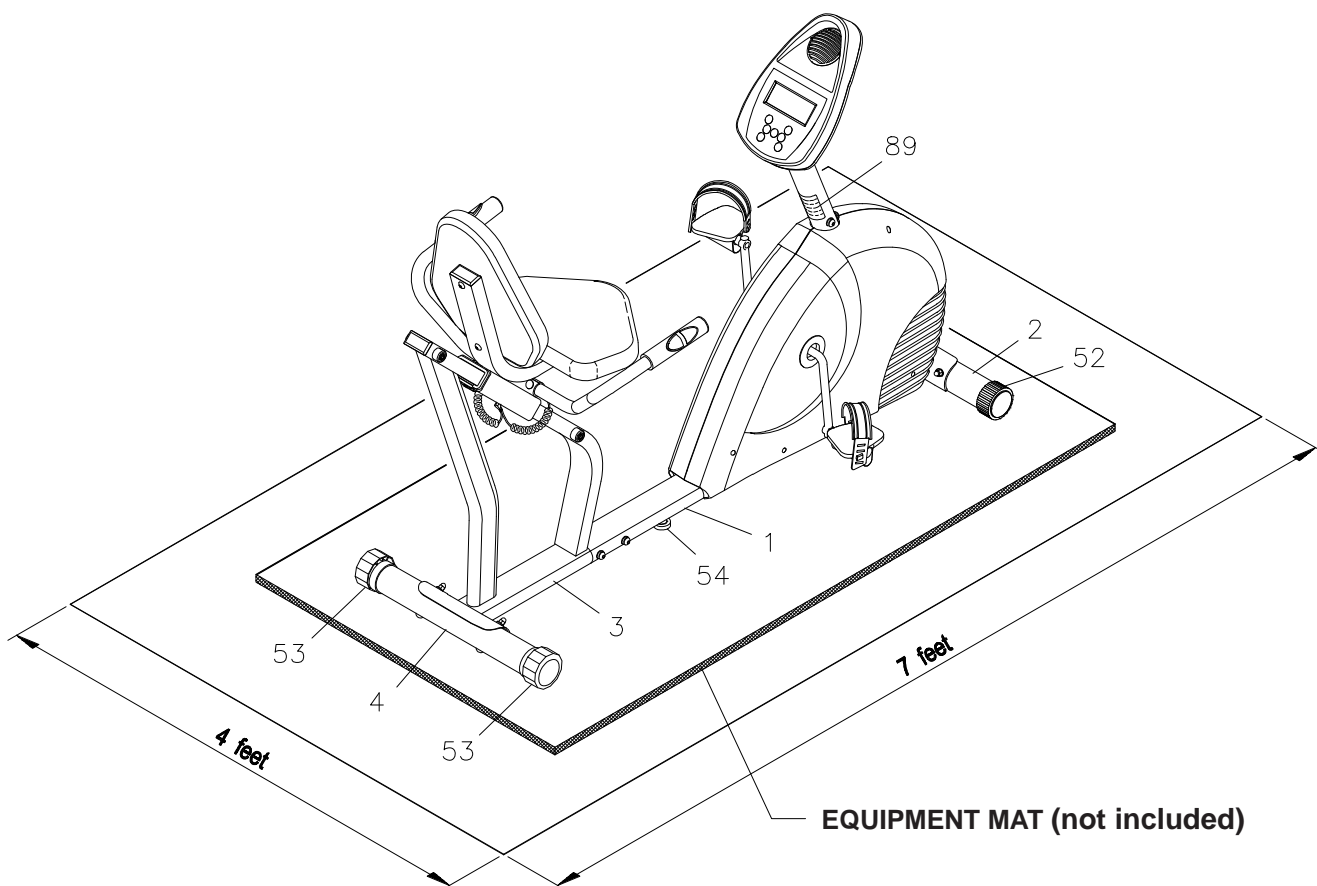
SET UP INSTRUCTIONS

Place the **Magnetic Fusion 4550 Bike** in the area where it will be used. It is recommended that the **Magnetic Fusion 4550 Bike** be placed on an equipment mat. The **Magnetic Fusion 4550 Bike** is approximately 57 3/4 inches long x 24 3/8 inches wide x 45 1/8 inches tall (max.). (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **Magnetic Fusion 4550 Bike**. Make sure that adequate space is available for access to and passage around the **Magnetic Fusion 4550 Bike**.

LEVELING: To level the **Magnetic Fusion 4550 Bike**, first screw the **STAND(54)** located in the middle of the **FRONT FRAME(1)** all the way up into the **FRONT FRAME(1)** so that it is not touching the floor. Adjust the two **LEVELING CAPS(53)** on the **REAR STABILIZER(4)**. When the **LEVELING CAPS(53)** are adjusted and the **Magnetic Fusion 4550 Bike** is stable, rotate the **STAND(54)** to make it contact with the floor.

While you are adjusting the **LEVELING CAPS(53)** the **STAND(54)** must not be in contact with the floor. Only after the **Magnetic Fusion 4550 Bike** has been stabilized with the **LEVELING CAPS(53)** will you position the **STAND(54)** so it is in contact with the floor to provide extra stability for the frame.

MOVING: The **Magnetic Fusion 4550 Bike** has a pair of **WHEELS(52)** on the **FRONT STABILIZER (2)**. Lift up from **REAR STABILIZER(4)** to move the **Magnetic Fusion 4550 Bike**.



FUNCTION INSPECTION:

Visually inspect the **Magnetic Fusion 4550 Bike** to verify that assembly is as shown in the above illustration. Check the function of the **Magnetic Fusion 4550 Bike** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Use the **UP** and **DOWN** buttons on the **COMPUTER (27)** to select a program and verify that the Magnetic System provides different tensions. Refer to the **COMPUTER INSTRUCTIONS** on pages 14 to 17.

CAUTION: Locate and read the **WARNING LABEL(89)** on the **Magnetic Fusion 4550 Bike**. Make sure that all users read the **WARNING LABEL(89)**.

OPERATIONAL INSTRUCTIONS

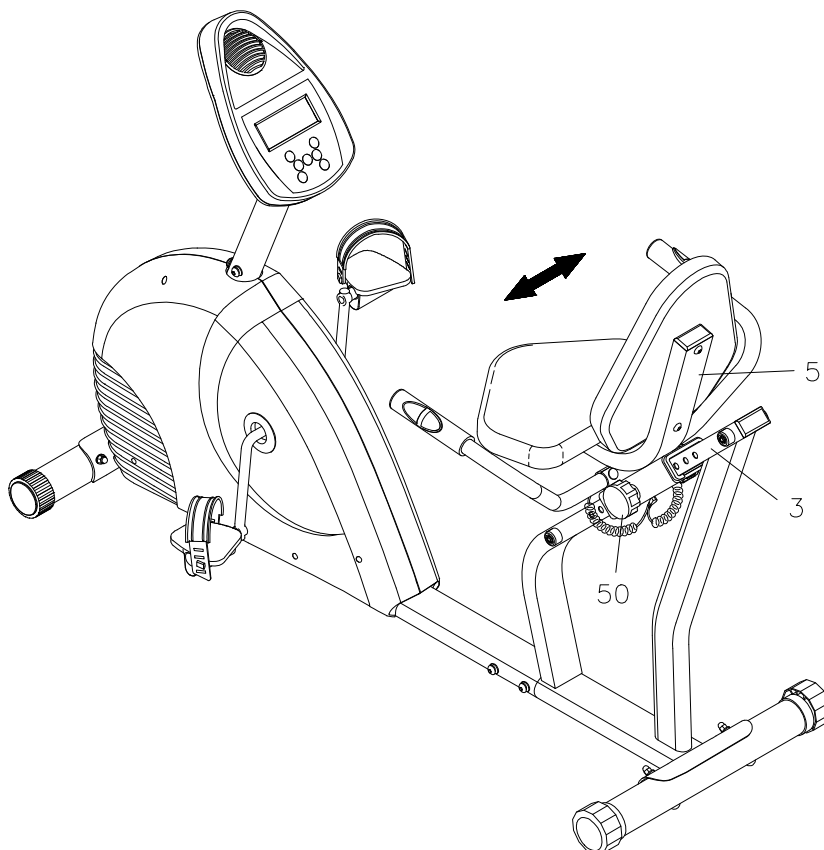
SEAT ADJUSTMENT

Proper seat adjustment is important. There are twelve adjustment holes in the **REAR FRAME(3)**. These adjustment holes allow users to adjust the position of the seat for efficient exercise.

1. Rotate the **ADJUSTMENT KNOB(50)** counterclockwise until the pin releases when the knob is pulled. Pull the **ADJUSTMENT KNOB(50)** and slide the **SEAT FRAME(5)** up or down to desired position. Lock the **SEAT FRAME(5)** in position by inserting the pin of the **ADJUSTMENT KNOB(50)** into one of the adjustment holes in the **REAR FRAME(3)**, then rotate the **ADJUSTMENT KNOB(50)** clockwise to lock the **SEAT FRAME(5)** securely.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke.

CAUTION:

1. Do not attempt to adjust the seat while you are on the **Magnetic Fusion 4550 Bike**.
2. Always tighten the **ADJUSTMENT KNOB(50)** after adjusting the seat to a new position.

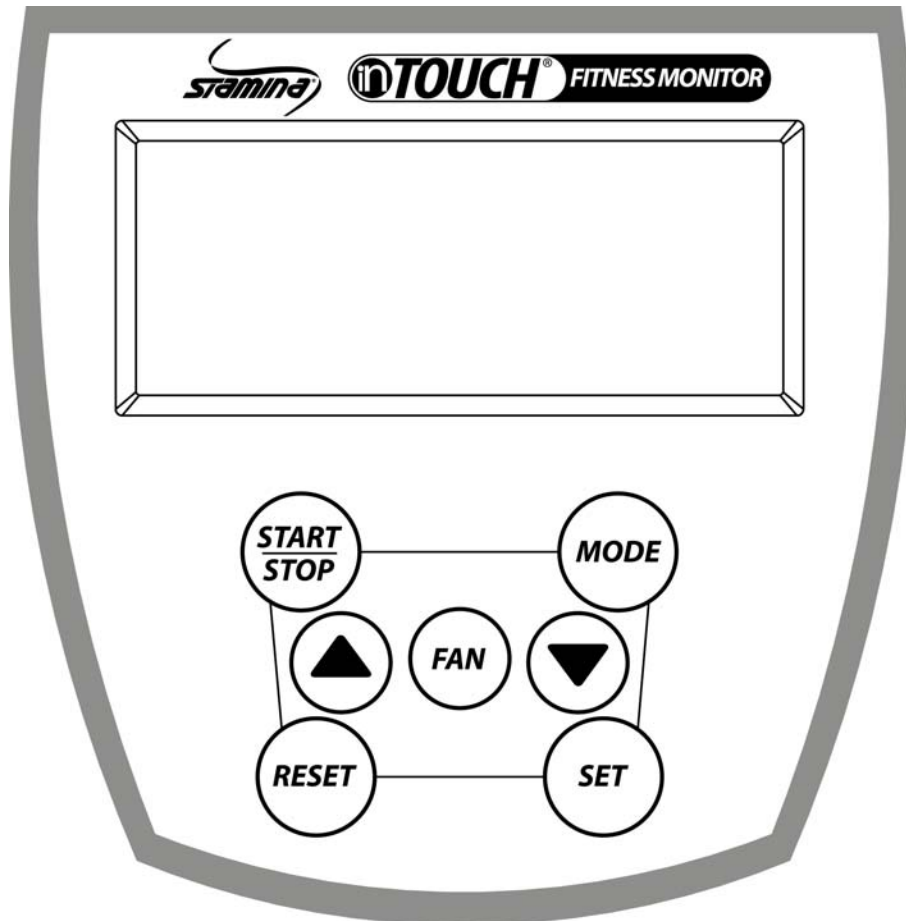


LOAD ADJUSTMENT

The load level of **Magnetic Fusion 4550 Bike** can be changed at any time during your workout. Use the **UP** and **DOWN** buttons on the **COMPUTER(27)** to increase or decrease your intensity level. Press the **UP** button to increase the load level. Press the **DOWN** button to decrease the load level.

COMPUTER INSTRUCTIONS

Your **Magnetic Fusion 4550 Bike** utilizes a magnetic braking system to create resistance for your workout. You control the amount and pattern of this resistance by means of the advanced computer console mounted at the center of the handlebar. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.



BUTTONS:

▲/UP: Press to select programs P1 to P12. Press to increase the values of the setting mode. Press to increase the level of the workload when running a program.

▼/DOWN: Press to select programs P1 to P12. Press to decrease the values of the setting mode. Press to decrease the level of the workload when running a program.

SET: Press to confirm the selected programs P1 to P12. Press the **SET** button to select the values of the various settings.

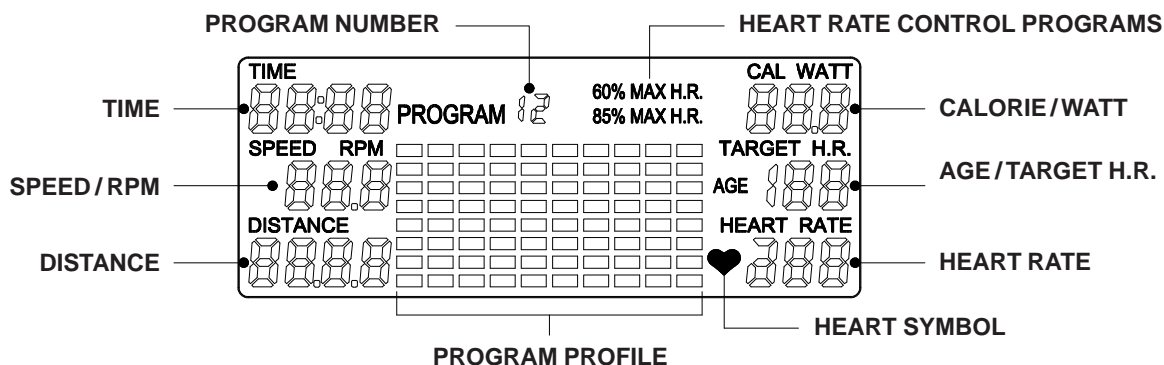
START/STOP: Press to start the selected program. Press the **START/STOP** button to stop the program. You can press the **START/STOP** button again to continue to run the current program, or use "▲/▼" buttons to select a new program.

MODE: Press to select the function value displays of **RPM** and **WATT**, or **SPEED** and **CALORIES**.

RESET: Press to reset all of the function values to zero.

FAN: Press to turn on or off, and to change the speed of the fan on the **COMPUTER(27)** in sequence as follows: **Low Speed** → **High Speed** → **OFF**

COMPUTER INSTRUCTIONS



LCD DISPLAY INSTRUCTIONS

PROGRAM: Displays programs for selection during setup, from P1 to P12. Displays the selected program during exercise.

TIME: Displays the time. Counts upward from one second to 99:59 minutes. Counts down from preset value.

SPEED/RPM: Displays the current speed from zero to 99.9 miles per hour, or RPM from zero to 999 RPM. Press the **MODE** button to select the display of SPEED or RPM.

DISTANCE: Displays the distance from zero to 999.9 miles.

CALORIE/WATT: Displays the calorie consumption from zero to 999.9 Kcal, or WATT from zero to 999.9 WATT. Press the **MODE** button to select the display of CAL or WATT.

NOTE: The calorie and watt readouts are an estimate for an average user. It should be used only as a comparison between workouts on this unit.

AGE/TARGET H.R.: When you select the Heart Rate Control Programs, P11 or P12, you must input your age. This value affects only the Heart Rate Control Programs. Press the **SET** button until the AGE/TARGET H.R. display is flashing and use the "**▲/▼**" buttons to input your age.

When the Heart Rate Control Programs, P11 or P12, are selected, the target heart rate value will be shown during exercise.

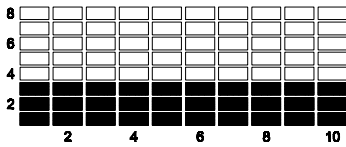
HEART RATE: Displays heart rate in beats per minute from 40 to 240 beats per minute. To display the heart rate, you must grasp the Pulse Sensors on both sides of the handrail, one in each hand. The heart symbol "**♥**" will begin flashing when the computer senses your heart rate. Your heart rate will be displayed approximately five (5) seconds after the heart icon is displayed. If you do not place your hands correctly and 60 seconds passes without a heart rate reading, the computer will turn off the heart rate circuit. If this occurs, press the **MODE** button to restart the heart rate circuit, place your hands back on the Pulse Sensors correctly, and the heart rate readout will appear.

COMPUTER INSTRUCTIONS

PROGRAM DESCRIPTIONS

This computer contains 12 different programs. You can preset the program time and the computer will divide the time chosen into 10 intervals. If you do not set the program time in advance, the computer will default to a 30 minute workout time.

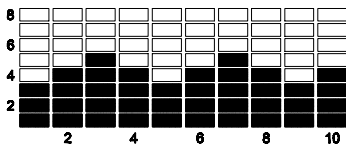
(P1) MANUAL



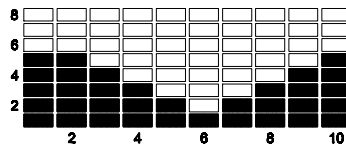
MANUAL PROGRAM: P1 is a manual program allowing the user to have full manual control of the workload. Use the "▲" button to increase the load. Use the "▼" button to decrease the load.

PRESET PROGRAMS: P2 to P10 are preset automatic programs. The profiles are shown on the face of the computer. Use the "▲" button to increase the load level of the program. Use the "▼" button to decrease the load level of the program.

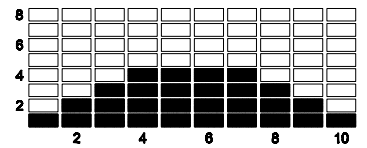
(P2) ROLLING



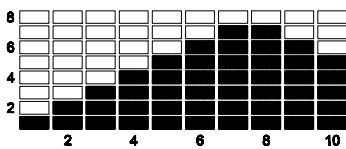
(P3) VALLEY



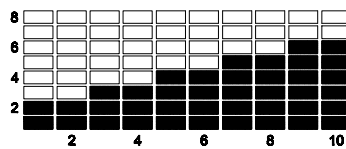
(P4) FAT BURN



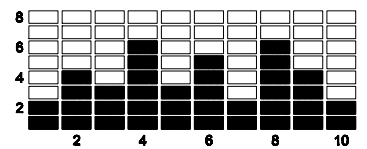
(P5) RAMP



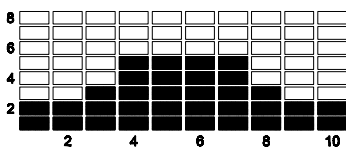
(P6) FITNESS TEST



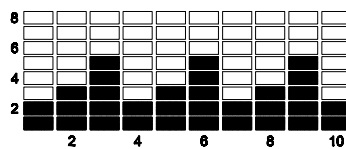
(P7) RANDOM



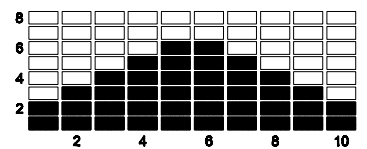
(P8) PLATEAU



(P9) INTERVALS



(P10) MOUNTAIN



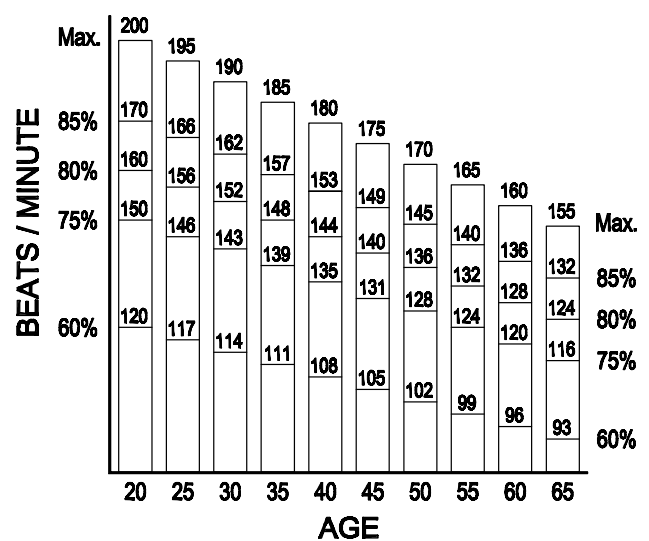
COMPUTER INSTRUCTIONS

HEART RATE CONTROL PROGRAMS: P11 and P12 are preset automatic Heart Rate Control Programs. You must input your age and always hold the pulse sensors on the **HANDRAIL(6)** with both hands when using the Heart Rate Control Programs. P11 is programmed to use 60% of your maximum heart rate as your target heart rate zone workout goal, and P12 is programmed to use 85% of your maximum heart rate as your target heart rate zone workout goal; therefore, P11 will be a less intense workout than P12.



As you exercise, the program will monitor your pulse and adjust the workload automatically to keep you working within a zone that is plus or minus 5 beats per minute of your target heart rate. Your age and the program you selected will determine your heart rate zone.

For example, if your age is 30, your maximum heart rate is 190. If you selected P11, your workout will keep you within a target heart rate zone that is plus or minus 5 beats per minute of 60% of your maximum heart rate: $190 \times 60\% = 114$ so your heart rate zone is 109 to 119. The program will monitor your pulse and adjust the workload automatically to keep your pulse within the heart rate zone during your workout.



COMPUTER OPERATION

STEP 1: POWER ON

Pedaling or press any button.

STEP 2 : SELECT PROGRAM

Press the "**▲/▼**" buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME (AND INPUT AGE FOR HEART RATE CONTROL PROGRAMS)

Press the **SET** button, the **TIME** function mode will appear with the display flashing "**0:00**". Press the **SET** button again to pass setting the program time. Or use the "**▲/▼**" buttons to set the program time, from 5 minutes up to 99 minutes with 1 minute increments. Press the **SET** button to confirm the setting. Press the **START/STOP** button to start the program.

When you select the Heart Rate Control Programs, P11 or P12, you must input your age. Press the **SET** button until the **AGE/TARGET H.R.** display is flashing and use the "**▲/▼**" buttons to input your age. Press the **SET** button to confirm the setting. Press the **START/STOP** button to start the program.

- NOTE:**
1. The program will not start until you press the **START/STOP** button.
 2. If you don't set the program time, the computer will count up from one second up to 99:59 minutes, and use the default workout time, 30 minutes, to cycle run the program profile.
 3. The computer will count down from the program time that you set. When the timer counts down to zero, the computer will alert you with an audible alarm that your workout is complete. You can press any button to stop the audible alarm.

COMPUTER INSTRUCTIONS

OPERATION DESCRIPTIONS

1. To stop a running program, press the **START / STOP** button. In this mode, you can press the **START/STOP** button again to continue to run the current program. Or, you can use the "**▲/▼**" buttons to select a new program. The function values of **DISTANCE** and **CALORIE** will continue to accumulate.
2. When you complete a program, press the **START / STOP** button to stop the program. You can use the "**▲/▼**" buttons to select a new program. The function values of **DISTANCE** and **CALORIE** will continue to accumulate. This will allow you to run several programs and still know the total **DISTANCE** and **CALORIE** during the workout.
3. If you want to restart with a new program, press the **RESET** button to reset all of the function values to zero. Use the "**▲/▼**" buttons to select a new program.
4. The computer will shut off automatically after 4 minutes of inactivity, and the function values, **DISTANCE** and **CALORIE**, will be kept.

POWER SOURCE:

The computer uses the **ADAPTER(88)** as a power source. Use the **Magnetic Fusion 4550 Bike** with the adapter plugged into an electrical outlet.

NOTE: Batteries are not required in the compartment on the back of the **COMPUTER(27)** of the **Magnetic Fusion 4550 Bike**.

STORAGE

1. To store the **Magnetic Fusion 4550 Bike**, simply keep it in a clean dry place.
2. Adjust the **SEAT FRAME(5)** to the lowest position. The **Magnetic Fusion 4550 Bike** is approximately 57 3/4 inches long x 24 3/8 inches wide x 38 5/8 inches tall (max.). These dimensions will vary. Please measure your **Magnetic Fusion 4550 Bike** if exact dimensions are needed.
3. To move the **Magnetic Fusion 4550 Bike**, lift the **REAR STABILIZER(4)** and the bike will roll on the **WHEELS(52)** on the **FRONT STABILIZER(2)**.

MAINTENANCE

The safety and integrity designed into the **Magnetic Fusion 4550 Bike** can only be maintained when the **Magnetic Fusion 4550 Bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Use the **UP** and **DOWN** buttons on the **COMPUTER(27)** to select a program and verify that the Magnetic System provides different tensions. The Magnetic System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise. The right pedal has right hand threads that are tightened by turning clockwise.
3. Verify that the **WARNING LABEL(89)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(89)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **Magnetic Fusion 4550 Bike** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **Magnetic Fusion 4550 Bike**.
7. Keep your **Magnetic Fusion 4550 Bike** clean by wiping with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

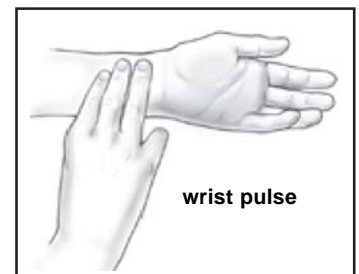
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

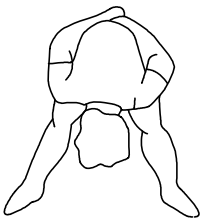
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

WARM-UP and COOL-DOWN

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

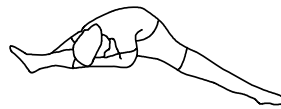
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises



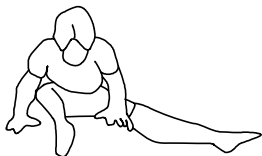
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



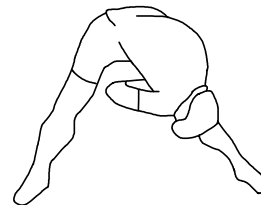
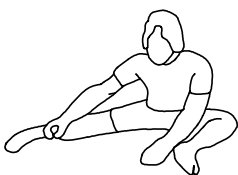
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

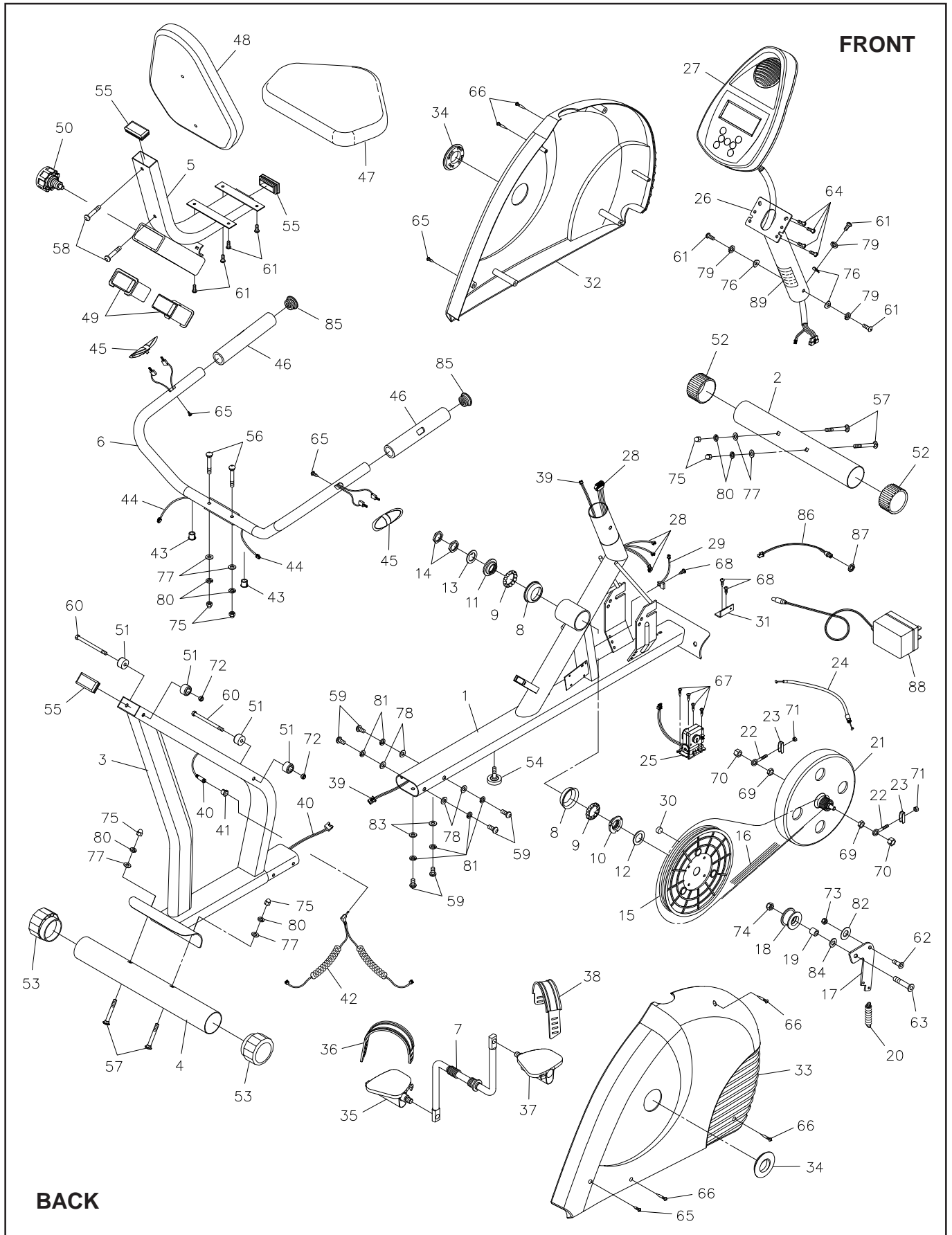
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

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PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Front Stabilizer	1
3	Rear Frame	1
4	Rear Stabilizer	1
5	Seat Frame	1
6	Handrail	1
7	Crank	1
8	Bearing Housing	2
9	Ball Bearing	2
10	Inside Bearing Collar	1
11	Outside Bearing Collar	1
12	Bearing Washer	1
13	Bearing Snap Washer	1
14	Bearing Nut	2
15	Pulley	1
16	V-Ribbed Belt	1
17	Idler Arm	1
18	Idler Wheel	1
19	Idler Wheel Spacer	1
20	Tension Spring	1
21	Magnetic Unit	1
22	Eyebolt	2
23	Tension Bracket	2
24	Tension Cable	1
25	Motor	1
26	Computer Post	1
27	Computer	1
28	Motor Control Wire	1
29	Sensor Wire	1
30	Magnet	1
31	Mounting Bracket	1
32	Left Cover	1
33	Right Cover	1
34	Cover Cap	2
35	Left Pedal	1
36	Left Pedal Strap	1
37	Right Pedal	1
38	Right Pedal Strap	1
39	Pulse Plug Wire	1
40	Pulse Extension Wire	1
41	Securing Plug	1
42	Pulse Coil Wire	1
43	Grommet Plug	2
44	Pulse Sensor Wire	2
45	Pulse Sensor	2
46	Foam Grip	2
47	Seat	1

PARTS LIST

PART#	PART NAME	QTY
48	Back Cushion	1
49	Bushing	2
50	Adjustment Knob	1
51	Stopper	4
52	Wheel	2
53	Leveling Cap	2
54	Stand	1
55	Rectangular Plug (30mm x 60mm)	3
56	Carriage Bolt (M8 x 1.25 x 45mm)	2
57	Carriage Bolt (M8 x 1.25 x 75mm)	4
58	Bolt, Button Head (M8 x 1.25 x 40mm)	2
59	Bolt, Button Head (M10 x 1.5 x 15mm)	6
60	Bolt, Hex Head (M8 x 1.25 x 80mm)	2
61	Bolt, Round Head (M6 x 1 x 15mm)	7
62	Bolt, Flat Head (M8 x 1.25 x 20mm)	1
63	Bolt, Flat Head (M10 x 1.5 x 45mm)	1
64	Screw, Round Head (M5 x 0.8 x 12mm)	4
65	Screw, Round Head (M4 x 15mm)	4
66	Screw, Round Head (M4 x 25mm)	5
67	Screw, Round Head (M5 x 15mm)	4
68	Screw, Big Round Head (M5 x 15mm)	3
69	Thin Nut (3/8" - 26 x 5/32" thick)	2
70	Nut (3/8" - 26 x 9/32" thick)	2
71	Nut (M6 x 1)	2
72	Nut (M8 x 1.25)	2
73	Nylock Nut (M8 x 1.25)	1
74	Nylock Nut (M10 x 1.5 x 9mm thick)	1
75	Acorn Nut (M8 x 1.25)	6
76	Arc Washer (M6)	3
77	Arc Washer (M8)	6
78	Arc Washer (M10)	4
79	Lock Washer (M6)	3
80	Lock Washer (M8)	6
81	Lock Washer (M10)	6
82	Large Washer (ø16.5 x ø32 x 1mm thick)	1
83	Washer (M10)	2
84	Washer (M10 x ø20 x 1mm thick)	1
85	Round Plug (25.4mm)	2
86	Power Wire	1
87	Nut	1
88	Adapter, Output 9VAC, 1 amp	1
89	Warning Label	1
90	Wrench	1
91	Allen Wrench (6mm)	1
92	Manual	1

NOTES

